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To: FDA Commissioner Jane E. Henney
5600 Fishers Lane
Rockville, Maryland 20857
(khamric@oc.fda.gov)

From: CORRINE ROWLAND
9 Cannonball PATH
TICONDEROGA NY

12883

Sugar is inflammatory in
The consumption of added sugar has
jumped 25 percent since 1984,
squeezing healthy foods out of the
diet. As a member of the Center
for Science in the Public Interest
(CSPI), I urge the FDA to establish a
"Daily Reference Value" for added
sugar of 40 grams and to require
labels to disclose how much added
sugar a food contains.

R. S. M. A. H. D. R. H. H.

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